How Will You Know If Your Program Is Successful?

Use of a questionnaire for parents & participants to gauge changes that have occurred as a result of new activities:
- How active has your child been in the last 2 weeks?
- How many times has your child exercised in the last 2 weeks?
- How well did the program meet your goals?
- Any suggestions?

Choose an easy to administer outcome measure
- Rate of Perceived Exertion using Perceived Exertion Scale for Children

Bringing Home Healthy Living

Get the whole family involved.

Use of a sticker chart can help promote participation in a variety of activities.

Ideas for activities that can be done as a family:
- Neighborhood bike ride/walk
- Outdoor scavenger hunt
- Swimming
- Bowling

*Before Starting an Activity*
All children should check with their pediatricians prior to beginning a physical fitness program to receive medical clearance and understand any precautions or contraindications.
Why are physical activity and a healthy lifestyle important?
- Children with disabilities have an increased risk for decreased activity and fitness levels and an increased risk of sedentary lifestyles that will continue into adulthood.
- Poor fitness and inactivity can lead to obesity and predispose children to future health problems.
- In individuals with disabilities, these health problems can lead to an inability to live independently, difficulty developing and maintaining social relationships, difficulty with motivation and persistence, poor educational and vocational attainment, and depression and low self-esteem.

Keys to a Successful Program
- Keep activities as simple as possible
- Keep directions short and clear
- Explain and demonstrate different ways
- Keep activities short and speedy
- Announce schedules & transitions – no surprises!
- Positive Reinforcement
- Everyone has unique abilities. Plan accordingly
- Be flexible
- Utilize your resources, ask for help, and work as a team.
- Be enthusiastic!

Program Structure
- Warm-up
- Aerobic group activity
- Stations
- Group activity cool-down

Nutrition
- Drink water & teach fun ways to flavor it (cucumbers, lemon, strawberries, lime)
- Be mindful of sugary sports drinks & juices
- Introduce fruits & vegetables as power foods to help each child do better at their favorite activity

References:

